

T'ai Chi Ch'uan Short Form

Commencement ① 2 3
① 2 3 4 5 6

Ward Off Left
① 2 3 4 ⑤ ⑥

Ward Off Slanting Upwards
1 2 3 ④ ⑤

Roll Back 1 2 3

Press 1 ②

Push 1 ②

Single Whip 1 ② 3 4 ⑤ 6 ⑦ ⑧

Step Up and Raise Hands
1 2 ③

Stork Cools Wings 1 ② ③

Brush Knee Twist Step
1 2 3 4 ⑤ ⑥

Play the Lute 1 2 3 ④

Brush Knee Twist Step Left
1 2 3 ④ ⑤

Brush Knee Twist Step Right
1 2 3 ④ ⑤

Brush Knee Twist Step Left
1 2 3 ④ ⑤

Play the Lute 1 2 3 ④

Brush Knee Twist Step
1 2 3 4 ⑤

Step Up, Deflect Downward
1 2 3 4 ⑤ 6 ⑦

Parry and Punch 8 ⑨ ⑩

Roll Off and Push 1 2 ③

Step Back Repulse Monkey Right
1 2 3 4 ⑤

Step Back Repulse Monkey Left
1 2 3 ④

Step Back Repulse Monkey Right
1 2 3 ④

Slanting Flying Right
1 2 3 ④ ⑤

Slanting Flying Left 1 2 3 ④ ⑤

Step Up and Raise Hands 1 2 ③

Stork Cools Wings 1 ② ③

Brush Knee Twist Step
1 2 3 4 ⑤ ⑥

Needle at Sea Bottom 1 2 ③

Fan Through Back 1 2 3 ④

Wave Hands Like Clouds
1 2 3 ④ 1 2 3 ④
1 2 3 ④ 1 2 3 ④
1 2 3 ④ 1 2 3 ④

Single Whip 1 ② 3 ④ ⑤

Snake Creeps Down 1 2 3 ④

Golden Cock Stands on Left Leg
1 2 3 4 5 ⑥

Golden Cock Stands on Right Leg
1 2 3 ④

Step Back Repulse Monkey
1 2 3 ④

Fair Lady Works at Shuttles
1 2 3 4 ⑤ ⑥

Fair Lady Works at Shuttles
1 2 3 4 5 ⑥ ⑦

Fair Lady Works at Shuttles
1 2 3 4 ⑤ ⑥

Fair Lady Works at Shuttles
1 2 3 4 5 ⑥ ⑦

Separate Right Foot 1 2 3 4 ⑤

Separate Left Foot
1 2 3 4 ⑤ 6 7 8 9 ⑩

Turn and Kick with Sole 1 2 3 ④

High Pat on Horse 1 ②

Turn, Deflect Downward 1 2 3 ④

White Snake Sticks out Tongue
1 2 3 ④ ⑤

Roll Off and Push 1 2 ③

Roll Back Left 1 2 3

Press 1 ②

Push 1 ②

Single Whip Left
1 ② 3 4 ⑤ 6 ⑦ ⑧

Fist Under Elbow Right
1 ② 3 4 5 ⑥

Fist Under Elbow Left 1 2 3 ④

Carry Tiger to Mountain
1 2 3 ④ ⑤

Carry Tiger to Mountain
1 2 3 ④ ⑤

Step Up and Punch Down
1 2 ③ 4 5 6 ⑦

Kick with Sole, Right Foot 1 2 3 ④

Punch Opponent in Ears
with Both Fists
1 2 ③

Kick with Sole, Left Foot
1 2 3 4 ⑤ ⑥

Hit Tiger Left 1 2 3 ④

Hit Tiger Right 1 2 ③

Single Whip 1 ② 3 ④ ⑤

Snake Creeps Down 1 2 3 ④

Step Up and Form Seven Stars
1 2 3 4 ⑤

Retreat to Ride Tiger 1 2 ③

Turn and Sweep Lotus Horizontally
1 2 3 ④ ⑤

Shoot Tiger with Bow 1 2 3 ④

Deflect Downward, Parry and Punch
1 2 3 ④ 5 ⑥ 7 ⑧ ⑨

Roll Off and Push 1 2 ③

Cross Hands 1 2 ③ 4 5 ⑥

Conclusion 1 2